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## MusculoSkeletal Consideration During Pregnancy

### Abstract

Pregnancy can be remembered as a joyful and exciting time, but for some women, pain, discomfort or illness can darken this picture.

Orthopaedic manifestation during pregnancy is a serious problem, due to the risk of inducing damage to the mother and to the foetus either because of the disease itself or its treatment, while other orthopaedic pathology may affect the progress of pregnancy and delivery in a positive or negative way.

Virtually all women experience some degree of musculoskeletal discomfort, 25% of them have at least temporary disabling symptoms.

Treating musculoskeletal disorders during pregnancy needs very special precautions, particularly using the anti inflammatory drugs, keeping in mind no prescription or procedure is absolutely safe during pregnancy and treatment of musculoskeletal disorders must include the potential effects on the mother and foetus.

Some physiological changes are mandatory during pregnancy to cope with the demand but this physiological changes may become excessive to the extent that it becomes pathological rather than physiological.

These changes may appear as soft tissue oedema which is seen in 80% of pregnant women, most notable during the last eight weeks.

Ligament laxity due to increase level of both hormone relaxin and oestrogen leading to mechanical weakness of the supporting joint ligaments.

Weight gain will develop in 20% of pregnant women leading to excessive force on the joints all over the body. Hyperlordosis which is a natural phenomena contributes to increasing mechanical strain. Normal widening of symphysis pubis does not exceed 10mm, but in pregnancy it goes much beyond that.

The enlarging gravid uterus alters the maternal body's center of gravity.

There is definite mechanical stress on the axial and pelvic system.